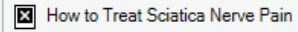


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# How to Treat Sciatica Nerve Pain

Go Natural There are many different medicines that can help you with your sciatica nerve pain. Not all are natural which also means that not all are very good for you. When you are looking to buy a medicine for your sciatica nerve pain, you should definitely look into all natural supplements for your body. There is no best way to treat your aching pains when your *sciatica* nerve pain acts up. Also if you talk to your doctor about the problem you have with Tylenol, Advil, and all other supposive pain killers, he can more than likely let you know where you will be able to find the nearest pharmacy or even prescribe the best natural supplement for your sciatica nerve pain. Not all supplements, natural or not are used for the same thing. If you have questions, you should ask your doctor to fully explain this to you carefully of what vitamin you are in need of and maybe even ask what types of exercises you should do for your sciatica nerve pain. If you are still a little confused, check in at your local pharmacy for an explanation on what the differences are between natural and unnatural ways to go about curing your sciatica nerve pain are.



To make this determination, a thorough physical examination must be performed and the findings corroborated with MRI films. **WARNING:** Your report of symptoms and a study of the MRI film DOES NOT constitute a thorough physical exam. It should include a detailed medical history, an actual assessment of your movement, strength, reflexes, sensation and any pertinent clinical tests plus a review of the MRI film.

At-home remedies such as heat and ice packs often work wonders to alleviate pain and reduce inflammation. They should be used in twenty minute intervals every couple of hours for optimum effect. Over-the-counter or prescription medications such as acetaminophen (Tylenol) may also bring *sciatica* pain relief. Non-steroidal anti-inflammatory drugs (NSAIDs) can be particularly helpful in reducing inflammation, but can have painful side effects.

5. Stop pursuing treatments that will have zero effect on your herniated disc problems. Instead you should seek out a musculoskeletal specialist that has the skills to identify and address underlying muscle imbalances. Chances are that once identified and treated, your back pain and sciatica pain will go away completely.

Arthritis Pain Relief provides detailed information on Pain Relief, Arthritis Pain Relief, Back Pain Relief, Joint Pain Relief and more. Arthritis Pain Relief is affiliated with Chronic Pain Management.

You might be interested to know that there is some controversy over exactly what is going wrong in this particular case. Some doctors will refer to it as a ruptured disc while others may refer to it as a torn disc or perhaps even disc disease. Regardless of what they are calling it, however, you are probably interested in what can be done in order to alleviate some of the symptoms that you are experiencing. Although this will have a lot to do with the different diagnosis that you get, there are some things that can be done in order to take some of the pressure off of the sciatic nerve.

Yet, despite these favorable back pain statistics, a herniated disc diagnosis continues to cause concern in people suffering with back pain. To alleviate this concern, it's important that you understand the process for determining the significance of a herniated disc. Plus, you should know the steps you can take to reduce the chances of a herniated disc ever becoming an issue.

2. Increase your awareness of specific symptoms that may implicate a more serious back problem. These include: Fever in addition to intense back or neck pain.

About the Author:

The author gives advice on getting relief from sciatic nerve pain. To discover how to get relief from your sciatica pains visit [SciaticNervePains.com](http://SciaticNervePains.com)

If pain persists for two to three months and the aforementioned treatments have not worked, surgery may be the most effective solution. Sufferers and their doctors must choose between two surgical procedures performed to relieve the pain of sciatica. These surgeries are elective and effective, relieving 75% to 95% of patients' pain.

Think positive *Sciatica* can come and go so don't let it run your life, or what you do. It can be easily getting rid of. And it could also be easily developed again, but never let your **sciatica** nerve pain be the boss of you because you control what you do. Always think positive about everything you do. Ask your doctor if there are any groups for Sciatica in your area or look it up online, to find support from another person.

One thing that you may be told to do is to use hot and cold treatments on this area of your back. This is a very common thing whenever it comes to herniated discs and they can actually help to ease some of the pain by reducing swelling. In the case of sciatica pain and a herniated disc, however, more may be needed in order for you to totally overcome the problem.

Inability to manage daily activities. Severe pain, which worsens over a period of weeks. Pain returning often. Seek immediate medical attention if you should experience:

There are several types of physical therapy that you may have to go through in order to overcome the pain. Typically, this is accomplished through stretching and at times strengthening exercises that are done in the presence of a qualified physical therapist. There are also some specific exercises that you may be able to do at home in order to help speed along your recovery process.

The sciatic nerve is the largest nerve that exists in the body. Starting in the lower back, it runs through the area of the buttox and then down into the legs. Since it is such a large nerve and covers a lot of ground inside of your body, there are a lot of opportunities for things to go wrong with it. Typically, the pain will occur because of problems that are experienced in the lower back. If this nerve is pinched or irritated in some way, perhaps through a herniated disc, the pain may be localized or it may even travel down into your legs. In order for you to get rid of the pain that you are experiencing, you need to remove the pressure from the sciatic nerve.

Low back pain will affect 80% of the American population at some point in their life. And, of the 80% who experience a first time episode of back pain, the pain will resolve with little or no intervention. In fact, only 10% of all back pain sufferers ever require surgery.

Degenerative disc disease and subsequent herniated discs are linked to two factors: Aging Genetics As we age, the deep muscles of the spine begin to deteriorate. This creates a dynamic instability to your back. At the same time, the discs begin to lose their water content resulting in a loss in disc height and strength. This ultimately leads to failure of the disc material.

The intensity and duration of the pain varies with each person, and ranges from an infrequent and slightly irritating sensation to a constant, debilitating pain. It normally affects the lower back and one leg only, but pain may also extend to the feet and toes. Typical "flare-ups" last two weeks to a few months. During these episodes, sufferers have several options for sciatica pain relief.

About the Author:

Malton Schexneider PT, MMSc, provides simple, easy and safe back pain relief strategies for people suffering with low back pain, **sciatica**, herniated discs and degenerative disc disease. Now, for the first time ever, Malton reveals top insider secrets that will erase your back pain. Now with this limited time offer, you can get his NEW eBook,"Back Pain Relief Secrets" for FREE at: [eraseyourbackpain.com/free-patient-guides](http://eraseyourbackpain.com/free-patient-guides)

3. Realize herniated disks don't just happen because you leaned over to pick up a Kleenex. Spinal discs are tougher than what was once thought. They can tolerate a tremendous amount of physical abuse. Just ask the Navy SEAL recruits who entered SEAL training with diagnoses of herniated disc problems. After 14 weeks of the most physical and mental challenging training on the planet, they experienced no changes in their herniated discs.

How to End Your Worrying & Your Back Pain 1. Understand that the presence of low back pain, pain radiating down the leg, and a positive MRI do NOT necessarily implicate a herniated disc as the source of your back problem.

Sciatica pain is something you won't want to live with for an extended length of time. Effective treatment is available now that will ease your sciatica pain sooner than you might think.

Treatment such as ultrasound, electrical stimulation, massage, and moist heat, while soothing, do nothing to address your muscle imbalances. Even surgical intervention is ineffective if you don't first address the underlying muscle imbalances.

Is your sciatica pain common to herniated disc? If so, how do you get pain relief now? There certainly are a lot of different things that can go wrong with our backs. One of the worst problems that we can have, however, is if we have a herniated disc, especially if it is irritating the sciatic nerve. A herniated disc occurs whenever the padding that exists between the individual vertebrae begins to break down and eventually ruptures or protrudes. This can cause enough pain on its own but there are times whenever the bulging material will press against the sciatic nerve, either pinching it or irritating it in some way or another. This can cause a lot of suffering for the individual that has these kinds of problems.

If pain is severe, a patient may receive an epidural steroid injection. Steroids are injected directly into the painful area around the nerve and greatly reduce inflammation and pain. These injections are temporary and provide sciatic pain relief anywhere from one week to a year.

Numbness around crotch or genitals Difficulty in passing or controlling urine Numbness, pins and needles or weakness in both legs Unsteadiness while standing

Exercise When you are having pains in your lower back, one of the best exercises for your body are to stretch. When you stretch your lower back you relieve your hips. This helps your legs to no longer be numb and to be able to walk a little better. You should never push your exercise routines. If you are stretching, don't do it for over 10 minutes at a time. This would be of no help at all for your sciatica nerve pain. Also, working and stretching your stomach muscles helps to loosen all your lower body joints. Just because you think you should try this doesn't mean you should do it for over 20 minutes. Don't over work yourself. It could only make your body ache worse. Your Piriformis is another muscle in your body to stretch that will help relieve the pain going on in your lower back and legs. Be sure you have a chair handy when about to perform this exercise. The first thing you will want to do is to make sure you are sitting up straight and to cross your legs, not Indian style, lady like, while doing this grab on to the chair legs, and bend your body downward. This will help you to relieve your sciatica nerve pain.

Pain that radiates into the buttocks and down the leg is often referred to as sciatica. Yes, sciatica pain can be caused by irritation of the nerve root from a herniated disc. But, chances are your sciatica symptoms are the result of irritation of the sciatic nerve from a structure outside the spine.

4. Stop or reverse your spinal aging process by exercising and retraining your affected back muscles. Tight back muscles need to be stretched and weak back muscles need to be strengthened. Too many times back treatment is geared towards symptom management rather than addressing the specific muscle imbalances, which are responsible for your back pain problems.

The term "sciatica" refers to pain along a specific nerve - the sciatic nerve, which runs from your lower back down through each leg. It usually caused by a wayward vertebral disc, more commonly referred to as a pinched nerve or a herniated, ruptured, or slipped disc that has shifted from it's normal position in the vertebral column and is putting pressure on the radicular nerve (nerve root), which connects to the sciatic nerve.

The Truth About Herniated Disks May Shock You Did you know that if we were to perform an MRI on people with NO back pain, as high as 85% of those people would show evidence of a herniated disc? The truth is that if you have back pain, there's a good chance a herniated disc has NOTHING to do with your pain.

Bad news? Maybe but in all likelihood, it's not as bad as you may think. You may have heard people say they have a "slipped" or "ruptured" disc in the back. You may have even heard terms like "bulging" or "protruding" discs. These are common "street names" that describe a herniated disc.

Physical therapy and chiropractic care ease the painful symptoms of sciatica and work as correctives to prevent future recurrences of the condition by helping to strengthen and tone the lower back.

Does this scenario sound familiar? You bend over to pick a Kleenex off the floor. Your back locks up. You begin to experience lower back pain radiating into the buttocks and down the leg. You consult with your doctor who orders an MRI. The MRI report identifies a herniated disc.

About the Author:

Verona Raymond gets effective results when dealing with herniated disc and sciatica pain. Learn her secret to eliminate herniated disc pain entirely and get her special Back Pain Bonus Report to discover how you can find immediate relief. To receive your own free back pain bonus report, visit: <http://www.herniated-disc-treatment.com>

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